

## Abstract

**Background:** The high prevalence of sleep problems in children is the signs of significant importance in the age group of Preschool and Primary. Unfortunately, they are discussed the less in the health care of children. The aim of this study was the evaluation of children sleep habits and sleep pattern in 7-12 years old students in Qazvin.

**Methods:** This study was descriptive and epidemiological. This study was conducted in the academic year 2015-2016. Data was obtained by using CSHQ questionnaire. The questionnaire was completed by students' parents. Eight main index of habits and sleep patterns were studied which included: bedtime resistance, sleep onset delay, sleep duration, sleep anxiety, night waking frequently, parasomnia, respiratory diseases and daytime sleepiness. ANOVA and Tukey test were used for the comparison of groups. Friedman rank test was used to rank sleeping habits.

**Results:** The average sleep of children was  $8.5 \pm 1.4$  hours in the first 5 days of the week and was  $9.4 \pm 2.5$  hours at the weekend. Sleep onset delay, sleep duration, bedtime resistance and daytime sleepiness, ranked the first to fourth, with an average rating 6.83, 6.36, 5.56 and 5.06, respectively. Parasomnia and respiratory disorders had the minimum rating. The sleep onset delay had significant different in the both sexes ( $P < 0.05$ ) that sleep onset delay was common in boys than girls. There were statistically significant difference sleep resistance and Anxiety age groups ( $P < 0.05$ ). Habits and sleeping patterns in body mass index (BMI) did not show statistically significant differences ( $P > 0.05$ ). Children in different grade showed a statistically significant difference in sleep resistance, night awakenings and Anxiety ( $P < 0.05$ ).

**Conclusion:** The results of this study showed that evaluated children and students were normal in sleeping and waking hours on school days and vacation time. sleep onset delay, sleep duration, sleep resistance and daytime sleepiness were the most important habit and had the most prevalent. Parasomnia and respiratory disorders had also a minimum frequency. The city health authorities and families planning to reduce sleep problems to improve academic achievement were recommended.

**Keywords:** sleep habits, sleep patterns, sleep problems, students, Qazvin